COMMANDANT ’S SPECIAL INTEREST

SgtMaj, IGMC

CMC Planning Guidance

“Although the world has changed, one thing has not:
America needs an expeditionary force in readiness that is prepared to respond to any crisis.”

“Marines are ready to respond whenever the Nation calls…wherever the President may direct.”

Expeditionary….it is our state of mind!
It necessitates a high state of readiness

Agenda

- **Impact on Force Readiness:**
  - **Taking Care Of Our Own**
  - **Professionalism, Standards, and Traditions**
  - **Alcohol Abuse and Synthetic Drugs**
  - **What's Killing Marines?**

Taking Care Of Our Own

Combat Operational Stress

Suicides

Sexual Assault

Hazing

Early Warning Signs of Combat Stress

- **Difficulty falling asleep or staying asleep**
- **Unusual fatigue**
- **Difficulty concentrating**
- **Unexplained physical illness**
- **Apathy or carelessness**
- **Lack of temper control**
- **Repeated dreams about bad experiences**
- **Uncontrollable pounding heart, sweating, or breathing**
- **Desire to isolate yourself from other people**

12-15% of Marine Corps is affected by Combat Operational Stress

Operational Stress Myths

- If you voluntarily seek help for a stress disorder (PTSD, TBI) you will…
  - *End your Career*
  - *Lose your clearance*

Where to get help

- **Chaplain**
- **Corpsman**
- **Unit medical officer**
- **Marine & Family Services (MCCS) counselor**
- **OSCAR mental health professional**
- **Navy hospital or clinic**
- **Military OneSource (www.militaryonesource.com)**

Suicide

USMC Suicides & Attempts		
CY	Suicides	Attempts
2008	42	146
2009	52	164
2010	37	172
2011	33	175
2012	48	179
2013	3	14

Never Leave a Marine Behind

RECOGNIZE

ASK

CARE

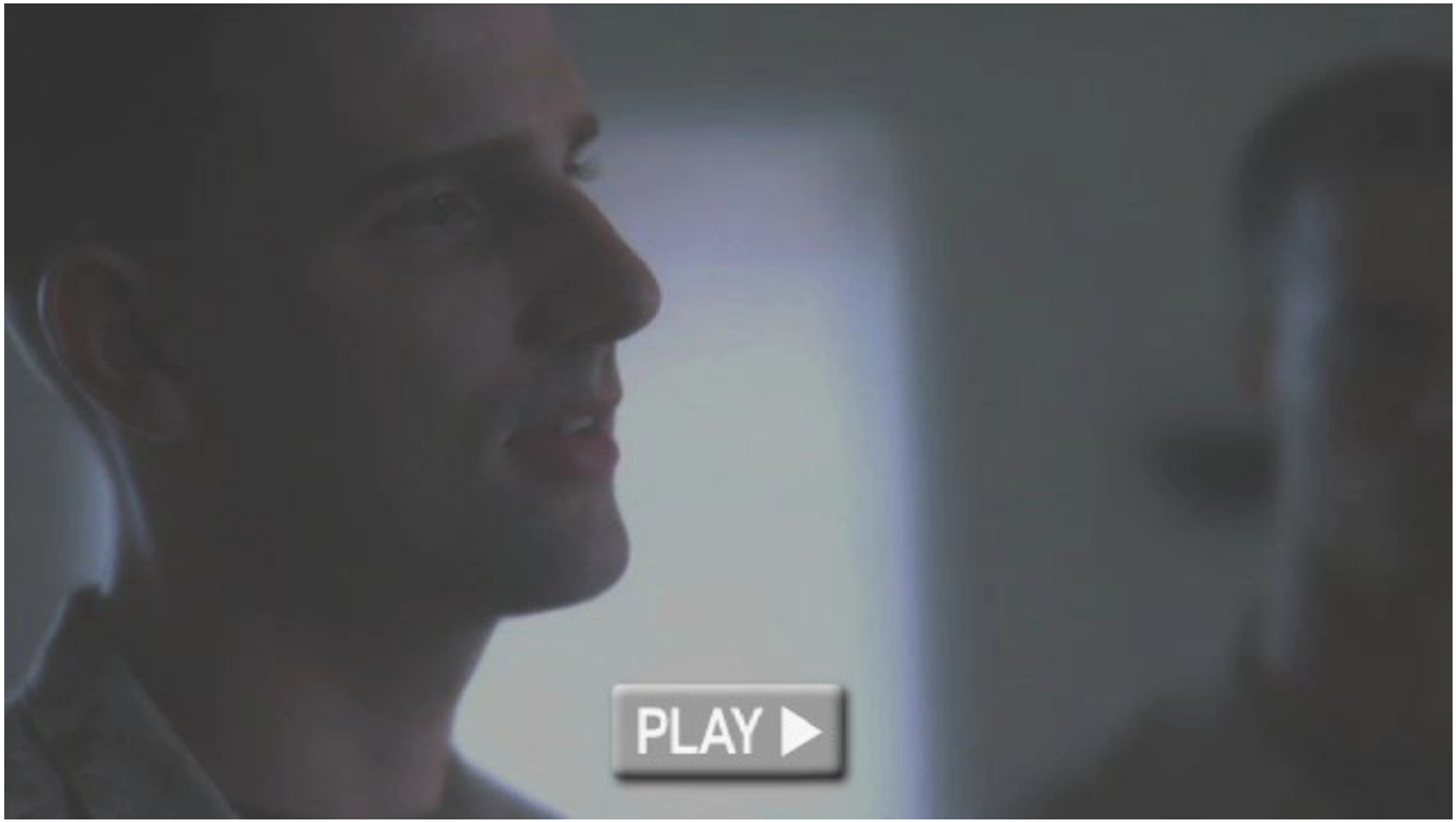
ESCORT

Suicide Warning Signs

- **Threatening suicide or self-harm**
- **Putting affairs in order**
- **Giving away favorite possessions**
- **Depression and hopelessness**
- **Increased presence of angry, aggressive, or impulsive behaviors**
- **Decline in job performance and/or appearance**
- **Social isolation and/or withdrawal from family**

80% of suicide attempts / suicides show some warning sign

Engage Suicide



Sexual Assault

CMC White Letter 2-12

- ***Marines…we have a significant issue with Sexual Assault inside our Corps*** **– let me be clear on how I view this and where I stand.**
- **Sexual Assault is an ugly mark on our proud reputation; *it goes against everything we claim to be as United States Marines…*it is a crime.**
- **This crime is not only completely incompatible with our core values of honor, courage, and commitment, *it is an affront to the basic American principles we so bravely defend.***

Sexual Assault Prevention & Response

Sexual Assault

WHAT WE KNOW

- **Vast majority of the *victims are female 21-24***
- **Vast majority of the *perpetrators are males 21-24***
- ***60% > of the incident involve alcohol* (by victim/perpetrator or both)**
- **Majority of the victims know the attacker**
- ***60% of cases happen on base***
- **35% happen in the barracks**
- **Vast majority occur during social gathering; house party, picnic, unit party, etc.**
- **Predominantly happens from *midnight to 0600***
- **Saturday night to Sunday morning leads the**

Take A Stand

- **Bystander Intervention Training**
- **3 Hour Training Program:**
  Videos, Mini-Lectures,
  Guided Discussions, Activities
- **Taught by Uniformed Victim Advocates**
- **MARADMIN 587/11 released 5 October 2011**
- **CMC White Letters**
- **SAPR Campaign Plan/20 June 2012**
- **Continue Annual Training**

Hazing

- **Conduct by one military member to another that causes suffering or exposure to an activity that is cruel, abusive, humiliating or oppressive**
- **Includes but is not limited to:**
  - Any form of initiation or congratulatory act that involves physically striking another to inflict pain
  - Piercing another's skin in any manner
  - Verbally berating another
  - Encouraging another to excessively consume alcohol
  - Encouraging another to engage in illegal, harmful, demeaning or dangerous acts

Hazing

Hazing

- **Why we don't Haze each other:**
  - **Respect, dignity, compassion**
  - **Marines take care of Marines**
  - **Warrior Ethos**
  - **Core Values**
  - **Morality and Character**
  - **Standard Bearer**
  - **Once a Marine Always a Marine**

Hazing

What to do about hazing?

- **Stop the hazing!**
- **Inform your superiors using the chain of command**
- **If your immediate superiors are involved:**
  - Request Mast to your Commanding Officer or Commanding General
  - Notify your Command Inspector
  - Call the IGMC Hotline at (703) 614-1348/9 or DSN 224-1348/9
  - Use the “Hotline Procedures” found at the “Inspector General” link on www.hqmc.usmc.mil or ORGMB.IGMC.HOTLINE@usmc.mil

Alcohol Abuse and Synthetic Drugs

Impact of Substance Abuse

- **Substance Abuse is associated with:**

  - **Traffic Fatalities / Injuries**
  - **Recreational Fatalities / Injuries**
  - **Attempted Suicides / Completed**
  - **Sexual Assault**
  - **Rape - Offender / Victim**

Binge Drinking

Personal Readiness

1. <u>Individual Responsibility</u>

- Take personal responsibility
- Know yourself and seek self improvement
- Intervene on fellow Marine's behalf
- Embody fitness of body, mind, and spirit

2. <u>Engaged Leadership and Accountability</u>

- Establish intent/Generate buy-in
- Set the example/inspire
- Know your Marines and look out for their welfare
- Instill fitness of body, mind, and spirit
- Supervise
- Foster healthy relationships
- Know available resources

3. <u>Education & Training</u>

- Top-down Leadership approach
  - Small group discussion
- Nested within all facets of training (VBL/T)
  - Entry-level through PME
- Leverage MarineNET sustainment
- Alcohol Risk Assessment Course (18-24 y/o)

4. <u>Treatment</u>

- Improve tracking of alcohol treatment
- Availability and standardization of treatment
- Remove stigma associated with self-referrals
- Professionalize command SACO billet

Historic Trends in Binge Drinking

	1998	2002	2005	2008
Army	37.5	41.4	52.8	48.2
Navy	32.0	44.2	41.7	47.8
Marine Corps	45.4	54.2	53.2	57.6
Air Force	29.6	34.0	33.9	39.0

** Binge Drinking is 5 or more drinks on 1 or more days in the past 30 days for males; or 4 or more drinks on 1 or more days in the past 30 days for females.*

Data from the DoD Survey of Health Related Behaviors Among Military Personnel, 1998-2008.

Synthetic Drugs

- **Spice**

  - **Sold as herbal incense – not for human consumption**
  - **<u>Herbal Smoking Blends</u>**
  - **Contain various synthetic compounds**
  - **Smoked for marijuana-like effects (physical & mental)**

- **Ivory Wave**
  - **Sold as bath salts – not for human consumption**
  - **Comes in the form of tablets or a powder**
    - **Can be swallowed, snorted, or injected**
  - **Similar effects as Cocaine, MDMA and Amphetamines**

- **Mephedrone**
  - **Sold as plant food – not for human consumption**
  - **Chemically related to amphetamin**
  - **Effects**
  - **Increased media reports of use in US**

Policy

- **As of 1 March 2011, five of the substances used to make "fake marijuana" are on the DEA's controlled substance list. This makes smoking Spice ILLEGAL.**
- **MCO P1700.24B (27 Dec 01)**
  - **Prohibits use of controlled substance used contrary to the directions of the manufacturer or prescribing healthcare provider; and the use of any intoxicating substance not intended for human ingestion.**
- **OPNAVINST 5350.4D (04 Jun 09)**
  - **Prohibits use of controlled substance analogues, such as designer drugs, and includes consumption of substances for other than their intended use**
- **Violators subject to UCMJ Article 92**
- **MARADMIN 683/12 change in urinalysis testing for synthetic compounds**
- **MARADMIN 709/12 breathalyzers being issued to units**

Safety:
What's Killing Marines?

Prepared by
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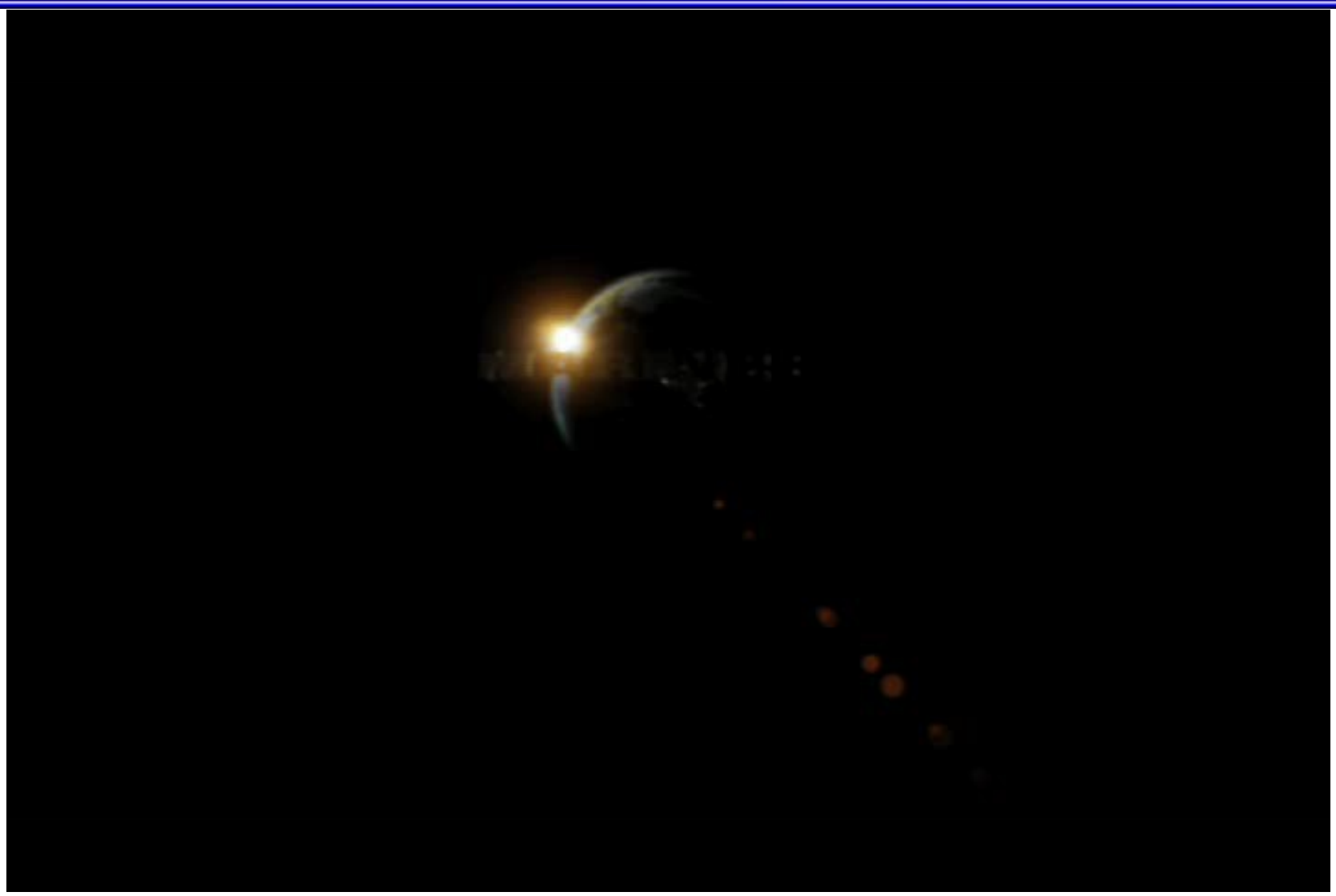
Off Duty Deaths

- **FY12 - 41 YTD**
  - **15 PMV fatalities**
  - **16 Motorcycle fatalities**
  - **8 Other (flying, drowning/diving, firearm, bicycle)**
  - **2 Pedestrian**
- **FY11 – 50 total**
  - **23 PMV fatalities**
  - **16 Motorcycle fatalities**
  - **2 Pedestrian**
  - **9 Other (1-boating, 1-swimming, 1-base jumping, 3-alcohol, 1-bicycle, 1-diving, 1-fall)**

Safety

Semper Ride



Motorcycle Initiatives

- 3 Levels of Motorcycle Training
- Mentorship Program / Unit Motorcycle Clubs
- MCTFS Codes – For motorcycle training
- Semperride.com
  - Forums – Where the riders talk
  - Events – News about upcoming events and rides
  - Motorcycle Info – Info on buying your first bike
  - Where to Ride – Dirt bike Tracks & Street bike Tracks
  - Purchase Gear – Links and coupons to purchase motorcycle gear
- Semper Ride Facebook Page
  - http://www.facebook.com/SemperRide1

Safety

Safety

Safety